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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION WASHINGTON, D. C.

November 8, 1971



What is a "pork cushion?" According to the U.S. Department of Agriculture it is a square, flat piece of pork made by removing the bones from the shoulder to provide a pocket for stuffing.

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For a "something different" taste serve "Vienna coffee" which simply means coffee with whipped cream. Hot milk and strong coffee (equal portions) is still called "cafe-au-lait" as served in the old French market places.

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How is evaporated milk prepared? Sixty percent of the water is removed from fresh milk. When mixed with an equal volume of water, its nutritive value is about the same as the milk from which it is made.

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Did you know that smooth-skinned lemons are supposed to have more juice than rough-skinned types? That's usually true, according to USDA.

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A real gourmet-type dinner for the unexpected dinner-guest could be planned around a canned ham. It may remain in its original can, unopened for several months, if under refrigeration.

HOMEMAKERS PREFER—

How often do you eat white potatoes? Many families serve them 16 or more times a month. According to a marketing research study reported by the U.S. Department of Agriculture, two-thirds of the homemakers interviewed (in a survey of 3,137 respondents) had served white potatoes exclusively during the month preceding the interview. And —ninety-nine percent had served fresh white potatoes during the preceding year.

Mashed potatoes appeared to be the most popular way of serving fresh white potatoes in the prior year. The vast majority of homemakers (92 percent) indicated serving them this way. Other ways mentioned frequently included: baked (82 percent), boiled (79 percent), potato salad (74 percent), French fried (62 percent), and home fried (60 percent).

French fried potatoes were considered to be the most fattening way to prepare fresh white potatoes according to the report—and mashed were second.

Two-thirds of the homemakers said they had served potato chips in the month preceding the interview. More homemakers had served potato chips as a snack (59 percent) than with meals (32 percent). The survey, made to determine consumer reaction to agricultural products, was reported by the Statistical Reporting Service of USDA.

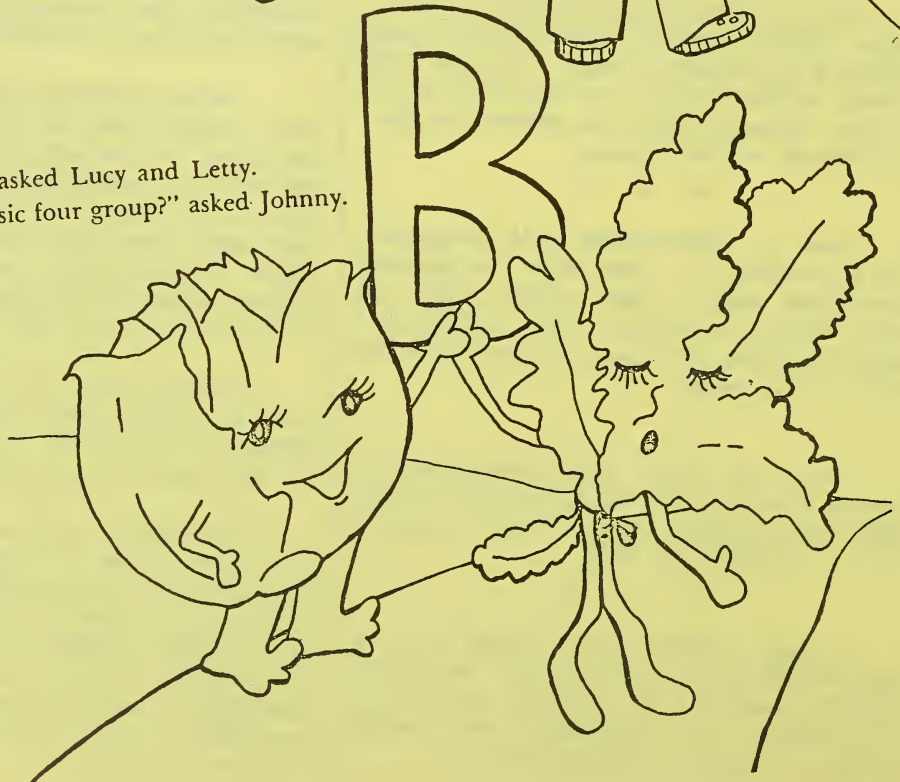
Johnny goes

to

NUTRITION LAND



"May we go with you?" asked Lucy and Letty.
"Do you belong to the basic four group?" asked Johnny.



"Yes, we do," said Lucy and Letty. "We have Vitamin B,
which helps you have a good appetite and good digestion."

"That's just what I need!" said Johnny. "Come along
with us."

JOHNNY GOES TO NUTRITION LAND

A skinny little boy named Johnny is a new worker in Kentucky's expanded food and nutrition education program. And the kids love him. Crayons in hand, they meet him in a new coloring storybook designed and used by nutrition aides and published by the Department of Public Information at the University of Kentucky College of Agriculture.

The story goes like this. "One day Johnny tried for the basketball team. He didn't make it. He just couldn't keep up with the other boys. Coach told Johnny about good nutrition and the basic four foods. The next day Johnny started on his way to Good Nutrition Land."

What happened along the way, the friends he made, and his meeting with the mysterious "Mr. Basic Four" make good listening for little folks, good reading for older kids, and coloring fun for the whole gang.

Johnny finally meets "Mr. Basic Four" but he is not illustrated. The children are instructed to draw him—and they are asked "What do you think he looks like?" They come up with some very original drawings.

Nutrition aides are using the coloring book with first through fourth graders and also with EFNEP family pre-schoolers. Original story and drawings to go with Johnny's story were developed and pre-tested in rough form by two Extension assistants (nutrition aides) in Woodford County—Mrs. Greta Denny and Mrs. Vivian Wasson. They found it an effective and happy way to teach small children about why food is so important.

Other publications are in working stages now having been developed and pre-tested by nutrition aides. Mrs. Jesse Bartram, a retired school teacher in Anderson County, was the first nutrition aide to come up with a set of mimeographed coloring workbooks. Her workbook is called "My Food Guide." Others in working stages are called "Milk, Please" and "Eat A Good Breakfast." They will be used state-wide when printed.

Single copies of "Johnny" are available for reproducing by contacting Jay Her
The Department of Information, Agricultural Experiment Station, Lexington, Ky. 4050



HOW'S YOUR TURKEY IQ?

What kind of turkey do you really want? Know what it should look like by checking the various classes of turkeys —

- | | | |
|------------------------------------|----------------------------|--|
| (1) Fryer-roaster | usually under 16 weeks old | tender-meated
soft-pliable
smooth-textured skin
flexible breast-bone
cartilage |
| (2) Young Tom or
Young Hen | usually 5 to 7 months | tender-meated
may have less flexible
breast-bone cartilage |
| (3) Yearling Hen | under 15 months | reasonably tender-meated
and with reasonably
smooth-textured skin |
| (4) Mature Turkey
or Old Turkey | in excess of 15 months | has coarse skin and
toughened flesh |

Look for the USDA shield—it certifies the grade or quality of the bird. (Grading service is provided on a voluntary basis—for a fee paid by the producer).

COMMENTS & INQUIRIES TO:

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